



PSE RESOURCE GUIDE

7

Structured Physical Activity

- General Resources
- Assessment Instruments
- Evaluation Tools
- Sample Policies

Draft 12-16-13

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

PSE: Structured Physical Activity

Physical activities that are intentionally directed. These are planned, organized, sustainable physical activity programs or classes that are designed to improve health. These activities contribute to a child's basic motor development and they improve fitness and health for people of all ages.

Examples of structured physical activities for children are:

- Musical games
- Guided play with homemade props (yarn balls, simple bean bags, paper plate paddles, scoops made from milk cartons)
- Games such as "Simon Says" or "Follow the Leader"

Examples of structured physical activities for adults are:

- Low or no cost physical activity classes such as dance, yoga or other classes
- Organizing a walking, running or biking program

Assessment Instruments/ Evaluation Tools	<p>Physical Activity Resource Assessment (PARA) Form <i>A brief, one-page instrument to systematically document and describe the type, features, amenities, quality and incivilities of a variety of physical activity resources. a brief, one-page, check-box instrument used to assess the type, features, amenities, quality and incivilities of a variety of physical activity resources (e.g., parks, churches, schools, sports facilities, fitness centers, community centers, and trails). Assessments typically take fewer than 10 minutes.</i> http://activelivingresearch.org/node/10638</p> <p>THRIVE: Community Tool for Health and Resilience in Vulnerable Environments – (Prevention Institute) <i>The Prevention Institute's THRIVE tool helps communities understand and prioritize the factors that influence the health outcomes of their vulnerable populations. It is organized by community level factors and key health problems such as poor nutrition and physical activity.</i> http://thrive.preventioninstitute.org/thrive/index.php</p> <p>Community Park Audit Tool (CPAT) <i>A tool that would enable diverse community stakeholders to audit local parks for their potential to promote physical activity, with an emphasis on the tool being user-friendly and focusing on youth physical activity.</i> http://www.activelivingresearch.org/node/12700</p> <p>Recreation Facility Evaluation Tool <i>This instrument can be used to identify and evaluate Parks, Playgrounds, Sports Fields, Aquatic Facilities/Pools, and Recreation Centers. Each park and recreation center can be rated with respect to safety, condition, and maintenance of the facility.</i> http://prevention.sph.sc.edu/tools/recfacilitytool.htm</p>
---	---

Rural Active Living Perceived Environment Support Scale (RALPESS)

The RALPESS is a valid, internally consistent, and practically useful instrument to measure perceptions of rural environments in the context of physical activity across the lifespan. The survey consists of 33 items with 7 factors: 1) church facilities, 2) town center connectivity, 3) indoor areas, 4) around the home/neighborhood, 5) town center physical activity resources, 6) school grounds, and 7) outdoor areas.

<http://www.activelivingresearch.org/node/12699>

Bikeability Checklist – (US Department of Transportation)

A checklist to determine the bikeability of your community. This tool is used to rate your bicycle route and identify any problem areas.

<http://www.bicyclinginfo.org/pdf/bikabilitychecklist.pdf>

Walkability Checklist – (Partnership for Walkable America)

A checklist to determine the walkability of your community. This tool is used to rate your walk and identify any problem areas.

<http://www.walkableamerica.org/checklist-walkability.pdf>

Walking Route Audit Tool for Seniors (WRATS)

An audit tool to be used by researchers as well as laypeople to identify the best walking routes for older adults. The main domains covered are functionality, safety, aesthetics, and destinations. The tool includes 59 items and most are measured using a 3-point scale.

<http://www.activelivingresearch.org/node/11950>

California Fit Business Kit – Check for Health Assessment Tool - (NEOP)

Check for Health is an easy-to-use tool to assess your worksite and demonstrate a commitment to your employees' health. Check for Health will assist you in evaluating the culture of health in your organization and how well that culture supports employees' healthy eating and physical activity habits.

<http://www.cdph.ca.gov/programs/neop/Pages/WorksiteFitBusinessKit.aspx>

Healthier Worksite Initiative – Needs Assessment (CDC)

Needs Assessment Tools, including Employee Input, Cost Calculators, and Environmental Audits

<http://www.cdc.gov/nccdphp/dnpao/hwi/programdesign/needsassessment.htm>

SWAT Tool for Observing Worksite Environments (TOWE)

The Swift Worksite Assessment and Translation (SWAT) evaluation method allows for rapid assessment of worksite health promotion programs that help employees to attain or maintain a healthy body weight. The method generates data sufficient to identify promising and innovative worksite health promotion strategies that may be useful to advance public health goals related to reducing adult obesity.

http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/swat/SWAT_observing_wor

[ksite_environment.pdf](#)

Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC)

Self-assessment, goal setting, and action planning tools combined with workshops and technical assistance tools. Designed to be used together to enhance policies, practices, and environments in child care. Self-assessment and goal setting tools can be used in combination with other interventions designed to improve child care policies and practices in nutrition and physical activity.

<http://centertrt.org/?p=intervention&id=1091>

Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC)

Self-assessment, goal setting, and action planning tools combined with workshops and technical assistance tools. Designed to be used together to enhance policies, practices, and environments in child care. Self-assessment and goal setting tools can be used in combination with other interventions designed to improve child care policies and practices in nutrition and physical activity.

<http://centertrt.org/?p=intervention&id=1091>

Physical Education Curriculum Analysis Tool (PECAT) - (CDC)

The Physical Education Curriculum Analysis Tool (PECAT) is a self-assessment and planning guide developed by CDC. It is designed to help school districts and schools conduct clear, complete, and consistent analyses of physical education curricula, based upon national physical education standards. The PECAT is designed to be used by a committee or team of individuals.

<http://www.cdc.gov/healthyyouth/pecat/>

School PA Policy Assessment (S-PAPA)

Assesses physical activity policy related to physical education, recess, and other PA opportunities at elementary schools. The assessment has 7 background items and 3 modules: (a) Physical Education (40 items); (b) Recess (27 items); and (c) Other Before, During, and After School Programs (15 items). Takes 23min to administer.

http://www.midss.ie/sites/www.midss.ie/files/s-papa_instrument_0.pdf

The California Afterschool Program Quality Self-Assessment Tool (QSAT) – (California Afterschool Network)

The tool focuses on big picture program design elements, as well as important considerations at the point of service. Programs can use the tool to self-assess their program and make plans for program improvement. One section relates specifically to nutrition and physical activity.

<http://www.afterschoolnetwork.org/post/california-after-school-program-quality-self-assessment-tool>

<p>General Resources/ Sample Policies</p>	<p><i>The 2008 Physical Activity Guidelines for Americans – (USDA)</i> <i>Provides science-based guidelines to help Americans aged 6 and older improve their health through appropriate physical activity. Developed with health professionals and policymakers in mind, the guidelines help you, learn about the health benefits of PA, understand how to do PA in a manner that meets the Guidelines, understand how to reduce the risks of activity-related injury, assist others in participating regularly in PA.</i> http://www.health.gov/paguidelines/guidelines/default.aspx</p> <p><i>The U.S. National Physical Activity Plan</i> <i>The National Physical Activity Plan is a comprehensive set of policies, programs, and initiatives that aim to increase physical activity in all segments of the American population. The Plan is the product of a private-public sector collaborative.</i> http://www.physicalactivityplan.org/</p> <p><i>Fruit, Vegetable, and Physical Activity Toolbox for Community Educators – (NEOP)</i> <i>The Toolbox Kit and companion web site were created so that community educators can easily teach low-income adults about eating the recommended amount of fruits and vegetables and enjoying physical activity every day. The Toolbox Web site contains lessons with supporting handouts, resources, and evaluation tools.</i> http://www.network-toolbox.cdph.ca.gov/en/index.asp</p> <p><i>Chronic Disease Policy Tracking System (CDC)</i> <i>The CDC has developed a Chronic Disease Policy Tracking System that contains legislation and regulations that may promote nutrition, physical activity, and obesity prevention. There are over 5,000 state-level policies included in the database from 2001-2013. The content is updated periodically and can be used for the purpose of public health information, research and surveillance.</i> http://apps.nccd.cdc.gov/CDPHPPolicySearch/Default.aspx</p>
<p>Physical Activity in Communities</p>	<p><i>The CDC Guide to Strategies for Increasing Physical Activity in the Community – (Centers for Disease Control and Prevention)</i> <i>The Guidelines report indicates that health benefits of physical activity include prevention of disease and reductions in risk factors associated with these many diseases and conditions. Physical activity also serves as one of the elements in recommended treatments for obesity and other chronic conditions. Based on the existing evidence, the Guidelines provide recommendations for physical activity for children and adults.</i> http://adph.org/NUTRITION/assets/StratsforIncPAintheCommunity.pdf</p>

Leadership for Healthy Communities Advancing Policies to Support Healthy Eating and Active Living: Action Strategies Toolkit – (Robert Wood Johnson Foundation)

This toolkit represents the most current research on childhood obesity and the most relevant policy approaches for local and state leaders working to create healthy communities. It includes research, steps for getting started and resources for; active transportation, land use for active living, open spaces, parks and recreation, quality physical activity in and near schools and strategies for keeping communities safe and free from crime to encourage outdoor activity.

[http://www.leadershipforhealthycommunities.org/images/stories/LHC_Action_Strategies_Toolkit_100222\[1\].pdf](http://www.leadershipforhealthycommunities.org/images/stories/LHC_Action_Strategies_Toolkit_100222[1].pdf)

ENACT – (Prevention Institute)

ENACT is a hands-on assessment and planning tool for organizations, coalitions, and communities interested in improving their food and physical activity environments. ENACT contains a menu of concrete strategies that promote healthy eating and active living within each of its seven environments. These strategies can be used to assess community environments and to identify priority strategies. The tool can also be used to evaluate past and current efforts and offer new priorities for the future.

<http://eatbettermovemore.org/sa/enact/members/index.php>

A Practitioner's Guide for Advancing Health Equity: Community Strategies for Preventing Chronic Disease – (Prevention Institute)

This resource offers lessons learned from practitioners on the front lines of local, state, and tribal organizations that are working to promote health and prevent chronic disease health disparities. It provides a collection of health equity considerations for several policy, systems, and environmental improvement strategies focused on tobacco-free living, healthy food and beverages, and active living.

<http://www.cdc.gov/nccdphp/dch/pdf/HealthEquityGuide.pdf>

Physical Activity Policy Research Network (CDC)

The PAPRN was established to study the effectiveness of health policies related to increasing PA in communities.

<http://paprn.wustl.edu/Pages/Homepage.aspx>

Social Support for Physical Activity: Establishing a Community-Based Walking Group Program to Increase Physical Activity Among Youth and Adults – (Partnership for Prevention, CDC)

This Action Guide focuses on assisting local public health practitioners in increasing physical activity among young people and adults through establishing a community-based walking group program to increase social support of individuals wanting to improve their health and activity habits. On the basis of an assessment of their resources and community's needs, public

health practitioners committed to increasing physical activity among members of their community may find this approach to be appropriate and viable.
<https://www.prevent.org/downloadStart.aspx?id=36>

Body & Soul – (NEOP)

The NEOP African American Campaign sponsors the Body & Soul wellness program to enhance the health ministry of African American churches throughout California. The mission of Body & Soul is simple – to encourage church members to take charge of their health through making healthier choices, eating better and increasing physical activity every day.
<http://www.healthycaliforniabodyandsoul.org/>

Faithful Families Eating Smart and Moving More – (Eat Smart Move More North Carolina)

The Faithful Families Eating Smart and Moving More Program (Faithful Families) promotes healthy eating and physical activity in communities of faith. Resources for the program include a 9-session Faithful Families curriculum and the Eating Smart and Moving More Planning Guide for Faith Communities.
<http://www.faithfulfamiliesesmm.org/>

Moving Ahead – (CDC)

Strategies and tools to plan, conduct and maintain effective community based PA programs for older adults (a brief guide).
http://www.cdc.gov/aging/pdf/community-based_physical_activity_programs_for_older_adults.pdf

Walk With Ease – (Arthritis Foundation)

The evidence-based program provides information, support and tools to help you develop a walking exercise program for older adults.
<http://www.arthritis.org/resources/community-programs/walk-with-ease/>

Walk with a Doc

A free, non-profit program for anyone interested in taking steps for their health.
<http://www.walkwithadoc.org/>

Exercise is Medicine.

Has resources and step by step plan for a simple, fast and effective tool for using exercise as a ‘medicine’ to help prevent or manage many of the most common chronic health conditions Public Action Guide including resources for Physical Activities with a Disability,
http://www.exerciseismedicine.org/documents/PublicActionGuide_LR.pdf

Start Walking Now - American Heart Association

Website provides tools and resources including; walking paths, activity tracker, walking plan, walking clubs, and more.
<http://www.startwalkingnow.org/>

Eat Smart, Live Strong – (USDA)

Designed to improve fruit and vegetable consumption and physical activity among able-bodied, 60-74 year olds participating in or eligible for Food and Nutrition Service (FNS) nutrition assistance programs. Nutrition education providers can use Eat Smart, Live Strong to help able-bodied, community dwelling, low-income older adults adapt behaviors that help to delay and prevent the effects of diet-related disease.

<http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/eat-smart-live-strong>

Alliance for Biking and Walking

Find resources on promoting bike commuting, bicycle and pedestrian safety, sharing the road, and walking and biking to school are common education themes as well as sample Power Point presentations, videos, and resources on hosting classes and workshops. Find resources for planning successful events including Bike to Work Day, fundraising galas, and fundraising bike rides.

<http://www.peoplepoweredmovement.org/site/>

The League of American Bicyclists “Bicycle Friendly Community Program”

Explore [this interactive map](#) to see current BFCs by state and to find out what these communities are doing to promote cycling.

<http://www.bikeleague.org/programs/bicyclefriendlyamerica/communities/>

100 Citizens Program - Fitness Program for Low-income Communities - (CSU Northridge)

California State University, Northridge kinesiology professor Steven Loy and dozens of his students joined forces with community leaders across Los Angeles County to launch free, park-based wellness programs that encourage residents to make healthy life choices. Dr. Steven Loy. The effort, dubbed “100 Citizens,” grew out of a project Loy and a volunteer team of Cal State Northridge graduate and undergraduate kinesiology students started earlier this year at Recreation Park in San Fernando and is being replicated in other low income communities. (

<http://communities.challenge.gov/submissions/6815-100-citizens-role-models-for-the-future>)

<http://www.americankinesiology.org/kinesiology-today?DocumentScreen=detail&cl=26318&ccs=5778>

Partnering with City Governments and City Park and Recreation:

Partnering with City Government and City Parks and Recreation Departments provides opportunities to take Cooperative Extension to the municipal level. This website provides Promising Practices, Case Studies and many resources.

<http://urban4hscience.rutgers.edu/practices/partnerships/city-government.html#promisingpractices>

	<p>Healthy Parks, Healthy People (HPPH) – (East Bay Regional Park District) <i>Healthy Parks Healthy People is a worldwide campaign to encourage healthy active fun in the outdoors while appreciating and taking care of our parks and open space areas. The East Bay Regional Park District is a leader in the HPPH United States initiative, working to reintegrate human, environmental and ecological health into the mission of public parks. As the largest regional park district in the nation, the District has worked closely with the U.S. National Parks Service, national and regional park industry member agencies and other global organizers to promote the use of parks by low income children and families.</i> http://www.ebparks.org/Page548.aspx</p> <p>Rails to Trails Conservancy <i>Numerous resources including: Active transport, Trail Building Toolkit.</i> http://www.railstotrails.org/index.html</p> <p>City Parks Blog - (Center for City Park Excellence: the Trust for Public Land) <i>This web site shares many examples of how public health departments are partnering with parks and recreation departments to offer free/low-cost exercise programs/classes.</i> http://cityparksblog.org/category/health/</p> <p>Center for Training Research and Translation (Center TRT) <i>This resource has many evidence programs and interventions for increasing physical activity in communities, such as:</i></p> <ul style="list-style-type: none"> • Faithful Families Eating Smart and Moving More (FFESMM): <i>FFESMM is a faith community-based program that addresses multiple levels of the socio-ecological (S-E) model. The program focuses on both the individual/interpersonal level (group nutrition/physical activity education series) and the organizational level (policy, practice and environmental changes within faith communities).</i> • Kids in the Park: <i>By turning existing, outdoor trails into kid-friendly hiking trails, the Kids in Parks (KIP) program increases access to and the number of places for physical activity. KIP influences multiple levels of the socio-ecologic model by directly changing the community environment and by providing incentives and organizational supports to promote physical activity through hiking, disc golf and other outdoor activities. Kids in Parks is a practice-tested intervention</i> http://centertrt.org/
Worksite Physical Activity Programs	<p>The California Fit Business Kit – (NEOPB) <i>The California Fit Business Kit is a suite of ten tools designed to increase access to fruits and vegetables and physical activity during the workday.</i></p>

	<p><i>These tools can be used individually or as part of a comprehensive worksite wellness program. Most importantly, the tools can assist employers and employees who are interested in combating declining employee health and ever-increasing health care costs.</i></p> <p>http://www.takeactionca.cdph.ca.gov/california-fit-business-kit-tools.asp</p> <p>Steps to Wellness: A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace – (CDC)</p> <p><i>This resource offers ideas and suggestions for how to create a wellness culture by incorporating physical activity programs in the workplace. Many companies have improved productivity by creating a culture that values physical activity and the overall wellness of its employees. This resource offers examples of what other companies have done to promote physical activity and wellness, and provides resources to help you establish or strengthen a wellness program at your place of business.</i></p> <p>http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/Steps2Wellness_BROCH14_508_Tag508.pdf</p> <p>Eat Smart Move More Worksite Initiative – (North Carolina)</p> <p><i>This program has developed a guide to creating walking maps to encourage walking on worksite campuses.</i></p> <p>http://www.eatsmartmovemorenc.com/WalkingMapGuide/WalkingMapGuide.html</p> <p>DOH Exercise and Health Activity Policy – (Utah DOH)</p> <p><i>Exercise and health activity time policy for its employees that can be adapted for other worksites.</i></p> <p>http://health.utah.gov/hearthighway/pdfs/ExcerciseRelease.pdf</p> <p>Healthy Worksites Toolkit – (Oregon DHS)</p> <p><i>Healthy Worksites toolkit that includes guidance on establishing policies to support physical activity at work as well as a sample flextime policy template.</i></p> <p>http://health.utah.gov/hearthighway/pdfs/ExcerciseRelease.pdf</p>
Early childhood programs	<p>California Preschools SHINE – (CDE)</p> <p><i>The California Department of Education developed the California Preschools Shaping Healthy Impressions through Nutrition and Exercise (SHINE). This program demonstrates how to integrate nutrition education, edible gardens, and physical activity into child care center classrooms and day care homes.</i></p> <p>http://www.californiahealthykids.org/earlychildhood</p> <p>CHOICE: Creating Healthy Opportunities in Child Care Environments (English and Spanish manual with forms)</p> <p><i>A manual to help an organization through the process of developing and implementing comprehensive written nutrition and physical activity policies for its child care center. It addresses the steps of assessment, best practices, and</i></p>

the writing policy.

<http://www.cocokids.org/health-and-nutrition/child-fit/nutr/choice/>

CHOICE Assessment Instrument

<http://www.cocokids.org/health-and-nutrition/child-fit/nutr/evaluate-nutr-pa/>

Healthy & Active Preschoolers

A nutrition and physical activity learning center for child care professionals. It offers a variety of online courses and resources to improve the nutrition and physical activity environment in child care programs.

<http://www.healthypreschoolers.com/>

Contra Costa Child Care Council's Best Practices

Through partial funding from two grants (Network for Healthy California and the Vitamin Cases Consumer Settlement Fund), the Contra Costa Child Care Council, Child Health and Nutrition Program, has developed the Self-Assessment Questionnaire (SAQ) and the Best Practices Manual to help with the process of developing and implementing comprehensive written nutrition and physical activity policies for child care centers or child care homes.

Contains best practices and a resource guide for feeding practice, food served, active play, and staff and parent training.

<http://www.healthybeveragesinchildcare.org/bestpractices/BestPracticesHandbook.pdf>

Nutrition and PA in Child Care

eXtension is an Internet-based collaborative environment where Land Grant University content providers exchange objective, research-based knowledge to solve real challenges in real time. The nutrition and physical activity in childcare page contains links to articles that include specific information about feeding practices, healthy food choices and ways to encourage physical activity in a child care setting.

<http://www.extension.org/pages/25848/nutrition-and-physical-activity-in-child-care>

Promoting Good Nutrition and PA in child care settings – (Healthy Eating Research)

A research brief from Healthy Eating Research, a national program of the Robert Wood Johnson Foundation. Contains information about what child-care arrangements and programs are used by children in the U.S., federal support, regulations that govern nutrition and physical activity in child-care settings, regulations that govern nutrition and physical activity in child-care settings, what is known from research about the nutritional quality of foods and beverages offered and the promotion of healthy eating in child-care settings, what is known from research about opportunities for and the promotion of physical activity in child-care settings, what types of interventions could be implemented in child-care settings to reduce obesity, and what research is needed to direct nutrition and physical activity improvements in

	<p><i>child- care settings.</i> http://www.healthyeatingresearch.org/images/stories/her_research_briefs/her%20child%20care%20setting%20research%20brief.pdf</p> <p>I am Moving, I am Learning: A Proactive Approach for Addressing Child Obesity in Head Start <i>Program designed to increase daily moderate-to-vigorous physical activity (MVPA), improve the quality of movement activities, and promote healthy food choices among preschool children.</i> http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/Health/nutrition/nutrition%20program%20staff/iammovingiam.htm</p> <p>Hip Hop to Health Jr. <i>Evidence-based healthy eating and exercise curriculum developed for children ages 3-5 years.</i> http://www.hiphoptohealth.com/blog/</p> <p>Eat Well Play Hard in Child Care Settings <i>Multi-component intervention that focuses on improving the nutrition and physical activity behaviors of pre-school age children and their parents/caregivers and influencing food and activity practices in child care settings.</i> http://centertrt.org/?p=intervention&id=1105</p> <p>PE Central <i>Free Pre-K lessons that contain information that should be helpful to those who are responsible for providing movement programs for young children.</i> http://www.pecentral.org/preschool/preschoolindex.html</p> <p>Let's Move! Child Care Initiative <i>Initiative designed to assist child care providers in implementing the five key physical activity and nutrition goals.</i> http://healthykidshealthyfuture.org/welcome.html</p>
<p>Physical Education/Physical Activity in Schools/ Afterschools</p>	<p>Educating the Student Body: Taking Physical Activity and Physical Education to School – Institute of Medicine <i>Recommendations for strengthening and improving programs and policies for physical activity and physical education in the school environment – including before, during and after school.</i></p> <ul style="list-style-type: none"> • Report brief: http://www.iom.edu/~media/Files/Report%20Files/2013/Educating-the-Student-Body/EducatingTheStudentBody_rb.pdf • Full report: http://www.iom.edu/Reports/2013/Educating-the-Student-Body-Taking-Physical-Activity-and-Physical-Education-to-School.aspx <p>Youth Physical Activity Guidelines Toolkit – Centers for Disease Control</p>

and Prevention (CDC)

To promote the guidelines and support youth physical activity, CDC and several partner organizations developed the Youth Physical Activity Guidelines Toolkit, which highlights strategies that schools, families, and communities can use to support youth physical activity.

<http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm>

Children's Power Play Initiative – (NEOP)

The Children's Power Play! Initiative teaches children about healthy food and activity choices. Power Play! supplies schools and community youth groups with free resource kits focused on fruits, vegetables and exercise. The kits feature both physical activities and classroom-style lessons that align with the state's Health Education Content Standards.

<http://www.cdph.ca.gov/programs/neop/Pages/PowerPlayResources.aspx>

Painting Playgrounds for Movement – (CSU Chico)

A low cost, evidenced based method to increase structured physical activity among children of all ages.

http://www.csuchico.edu/cnap/programs/Preschool_Physical_Activity/painting_playgrounds.shtml

Eat Well & Keep Moving

Complete curriculum that helps academic, physical education, and health education teachers guide upper elementary school students to make healthier choices while building skills.

<http://www.eatwellandkeepmoving.org>

Active Academics®

Active Academics® is a resource for classroom teachers to provide practical physical activity ideas that can be integrated into regular classroom content areas. Get students "up and moving" while still engaged in the academic learning process. The standards-based activity ideas utilize the Common Core Standards as well as national standards. For PreK-5th Grade

<http://www.activeacademics.org/>

Take 10!

Because schools often do not allot time for regular health, nutrition, and physical education classes, TAKE 10!® integrates this content with grade-specific academic lessons. This program is one of the few of its kind that is built on and supported by this evidence.

<http://www.take10.net/>

Just a Minute (JAM) School Program

The JAM School Program brings physical activity and health education into the classroom. JAM is designed to teach kids (and adults) healthier lifestyle habits. JAM is a free wellness resource for schools. JAM resources offer a weekly

one-minute exercise routine called JAMmin' Minute®, an athlete-featured more extensive routine called JAM Blast®, and a monthly health newsletter called Health-E-tips.

<http://www.healthetips.com/jam-program.php>

North Carolina Energizers

Classroom based physical activities for teachers to integrate with academic concepts.

<http://www.eatsmartmovemorenc.com/Energizers/Texts/K-5-Energizers.pdf>

Coordinated Approach to Child Health (CATCH)

CATCH is an evidence-based, coordinated school health program designed to promote physical activity, healthy food choices and the prevention of tobacco use in children. For preschool through 8th and afterschool.

<http://www.sph.uth.tmc.edu/catch/>

Sports Play Active Recreation for Kids (SPARK)

Intervention that uses physical education specialists to implement instructional strategies to increase the amount of time students spends in moderate-to-vigorous physical activity in physical education.

<http://www.sparkpe.org/>

Let's Move! Active Schools

Let's Move! Active Schools is a comprehensive program that empowers P.E. teachers, classroom teachers, principals, administrators, and parents to create active environments that enable all students to get moving and reach their full potential. After signing up, these school champions are guided through a simple, Six Step Process that helps them build a team, make a plan, and access free in-person trainings, program materials and activation grants, and direct, personal assistance from certified professionals.

<http://letsmoveschools.org/>

ACTIVE8 – (CANFIT)

CANFIT's ACTIVE8 (activate) is an 8-step guide that engages youth through creating opportunities for physical activity that are enjoyable, meets their needs and involves and encourages participation of all, including peers, staff, administrators, parents and community members. It is designed to help youth providers 1) incorporate "simple, yet appropriate" physical activities and 2) create a positive physical activity culture through improving policies in your after school, community and/or neighborhood.

http://canfit.org/our_work/programs/ACTIVE8/

Afterschool Energizers: Classroom Based Physical Activities - (East Carolina University, Activity Promotion Laboratory)

This is the third edition of classroom energizers. It follows in the footsteps of the first two successful renditions; Energizers, designed for grades K-5, and

the Middle School Energizers, designed for a middle school audience.
<http://www.ecu.edu/cs-hhp/exss/upload/After-School-Energizers.pdf>

BOKS Before-School Physical Activity Program

The program combines play, physical activity, team games and short talks on nutrition to create healthier habits for children to achieve life-long fitness.
<http://www.bokskids.org/>

Mighty Milers Running Program – (New York Road Runners)

Mighty Milers is a running program for kids of all fitness levels from pre-kindergarten through eighth grade. It's designed to get kids moving and prevent obesity and illness. Participation in Mighty Milers helps kids build their self-esteem, and learn to make and reach personal goals.
<http://www.nyrr.org/youth-and-schools/mighty-milers>